

PACIFIC PULSE

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Pacific Pulse

Pacific Pulse
Official Publication of U.S. Naval Hospital Guam
Vol. 1 Issue 5
Surgeon General of the Navy
Chief, BUMED
Vice Adm. Matthew L. Nathan

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Force Master Chief
FORCM (SS/SW/FMF) Sherman E. Boss

Commanding Officer Naval Hospital Guam
Capt. Jeff Plummer

Executive Officer Naval Hospital Guam
Capt. Mike McGinnis

Command Master Chief
Naval Hospital Guam
Robert Burton

Public Affairs Officer
Jennifer M. Zingalie-Goulart
jennifer.zingalie@med.navy.mil

Pacific Pulse is a professional publication of U.S. Naval Hospital Guam. Its purpose is to educate readers on hospital missions and programs. This publication will also draw upon the medical departments rich historical legacy to instill a sense of pride and professionalism among the Navy Medical Department community and to enhance reader awareness of the increasing relevance of Navy Medicine in and for our nation's defense.

The opinions and assertions herein are the personal views of the authors and do not necessarily reflect the official views of the U.S. Government, Department of Defense, or the Department of the Navy.

Guidelines for Submissions:

This publication is electronically published monthly. Please contact Jennifer Zingalie at jennifer.zingalie@med.navy.mil for deadline of present issue.

Submission requirements:

Articles should be between 300 to 1000 words and present the active voice.

Photos should be a minimum of 300 dpi (action shots preferred)
NO BADGES

Subjects considered:

Feature articles (shipmates and civilians)
Quality of Care
R&D/Innovations
Missions/Significant Events
Community Outreach

On the cover:

Navy medicine has a presence across the globe (see page 8). Places like USNH Guam have departments established that monitor world health (see page 18) to keep troops ready and fit to fight. But aside from protecting U.S. troops and beneficiaries, Navy Medicine provides a path to world-wide diplomacy.

Established in October 2012, the Navy Global Health Engagement (GHE) Office advises the Navy Surgeon and Deputy Surgeon General on matters involving global health policy, humanitarian assistance, disaster relief, health related stability operations, security cooperation assistance and health diplomacy. The office serves in a coordinating manner for Navy Medicine with DoD, interagency, specific host nation and other organizations that facilitate mission execution of GHE related issues.

A focus on health has the potential to bridge all nations, cultures and institutions and build a common denominator in order to create relationships in a non-threatening manner. In turn, these can lead to long-term stability, security and economic prosperity, in communities, nations and regions around the world.

Inside this Issue:

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On the Web:

Thank you for taking the time to rate and provide us with your comments and suggestions.



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Commanding Officer Capt. Jeff Plummer

Readiness

As 2013 comes to a close, it is easy to reflect on our command's activities and feel pride. We started the year with well-deserved recognition for our work in population health as recipient of the 2013 MHS Tri-Service Innovations Award. Similarly, our command was one of three hospitals in the Military Health System for the DoD Patient Safety Award. With a proven culture of consistent performance improvement, your strong work also yielded a highly successful Joint Commission and MEDIG inspection in June.

Throughout the summer, we expanded our process improvement toolbox exploring the 4DX method for creating a full command focus on the patients' experience of care. Coupling world-class leadership training and the energy of our top performers, we have redefined what "experience of care" looks like for us and our patients. From the recent DEOMI climate survey, 74 percent of our staff agreed that they know how 4DX can help their department reach goals. The 4 "battles" we have chosen to tackle are *access to care, the patient encounter, medication info support and transition to the new hospital*. We are betting that if we get these four things right, we will enhance our patients' experience and generate more pride at the deckplates for our important mission. In my view that's a pretty good bet!

As I chat with Sailors in the passageways, I still can't get over how our most junior staff understand the simplicity of the 4DX system and are looking for ways to move their lead measures. Congrats to the lab for its recognition as the com-

mand's first WIG Team of the Month! Our PI Fair in November was another true testament to the work performed throughout the year, showcasing your amazing projects for all to see. Mother Baby Unit, the Occupational Health Clinic and the ICU won top honors at the PI Fair, and have set the bar high for our next round of "chest thumping" performance in the command.

Additionally, 2013 saw impressive effort by the command outside of the work center in the schools and villages around Guam as our Command Volunteer Program broke new ground. So many of our Sailors dedicate time each week in many of the Navy's Flagship Programs. Whether supporting our community on base or off, our command's recognition by the CNO as the 2013 large overseas command (*Drug Free Flagship*) is more evidence of our dedicated Sailors and staff getting it done. Lastly, our Red Cross Program contributed to our renewed volunteer spirit and has even more plans for 2014.

So what's next? In my view it's simple. Make time this month to enjoy the holidays with friends and family and reflect on our year. With the work already underway by you to care for our patients in a renewed and enhanced way, our 2014 plan is simply to stay on course and transition this quality healthcare delivery system into a brand new 21st century facility.

I look forward to another great year together.

V/r- CO



Executive Officer **Capt. Mike McGinnis** *Jointness*

Dream Team,

Holiday season is here in full effect!

Amazing that we're already thinking of putting up the lights on our palm trees, singing carols in our shorts, and enjoying Christmas at your favorite beach locale. There is definitely much to be thankful for celebrating the holidays in Guam. I hope you all had a great Thanksgiving meal with family and friends to start the season right.

The CO, CMC and I are thankful for having the opportunity to lead such a fantastic group of individuals. The team awards and individual recognition highlight why you all truly are the dream team of Navy Medicine. Your ability to successfully navigate staffing challenges, complex patient evaluations in the inpatient and outpatient settings, and deliver such high patient satisfaction are a testament to your commitment to our mission, each other, and

our patients. Our recent command climate survey was also outstanding, as a command we exceeded the vast majority of benchmarks when compared with our fellow Navy commands as well as Army and Air Force.

As we reflect on the many successes of this year, I hope that you all get to enjoy additional well deserved time with your family and friends to help celebrate. As we do so, let's keep in mind those of the USNH Guam team and DoD shipmates that are deployed and keep them in our thoughts and prayers.

We'll continue our focus on sustaining our gains and building on our successes as we ring in the new year. From the command triad, Si Yu'us ma'åse' for all that you've done to make this such a stellar place to serve!

Merry Christmas and happy holidays!

V/r,
XO



Command Master Chief Robert Burton

Value

The holidays are here and 2013 is almost finished.

The week before Thanksgiving our personnel completed a Command Dress White Inspection. Got to say our Sailors looked GREAT! We had not done one in over a year and an event like this take a great deal of preparation and coordination. Our people improved their performance over the last inspection, looking better in appearance and absolutely no one passed out due to locking their knees. This last part is always a danger when you do large formations standing at attention for a period of time.

Recommend you check out the Command photo taken just after the event.

As we head into the Holiday season, many of our Sailors will not get to be home with family but will spend the Holidays here in Guam.

Please know that the leadership does various things to ensure that all have a place to enjoy a good meal with their military family. Many people up and down the chain of command open their home to host Sailors. So ask what your Sailor is doing to celebrate the holidays?

Given our proximity to the equator, there is no chance of a white Christmas. Which brings me to our location. My family had to look up Guam a few times on a map to understand. When you locate Guam on a map, measure the distance to California and then compare that to the distance against New York to LA. Then follow directly east around the globe and see how far south of the U.S. Guam is located against Central America. It might surprise you.

Have a safe and happy holiday season.

V/r-
CMC



Happy
Holidays!



2013

This year, Hospital Corpsman, First Class Petty Officer, Narinder Kumar Limtengco, originally from the Philippines, represents U.S. Naval Hospital Guam as Sailor of the Year. His journey began with a tragic accident that disrupted Limtengco's third year of college, and left his father paralyzed. At the time he was also preparing to immigrate to the U.S. However, he made the decision to leave college and stay home to care for his father.

One year later, as his father showed improvement, Limtengco decided he wanted to make a difference in the world, and following in his older brother's footsteps, joined the U.S. Navy in 2004. Although he had been considering an engineering program, he ultimately decided to enter into a medical program and became a dental technician. "One of my first duty stations was aboard a ship, so although I did dental work, I also performed general Corpsmen duties and I really enjoyed the medical side of the house," he said.

When Limtengco arrived at USNH Guam and was asked where he hoped to work he responded, "Put me in the most challenging department." At USNH Guam that challenge is found in the Emergency Department as it has the highest acuity in the Navy. Currently he is the Leading Petty Officer of approximately 26 Sailors who work in both the ER and within the Department of Medical Services (DMS), which includes Optometry, Mental Health and Dermatology.

"It is challenging because I have to guide these Sailors and help them meet their goals, professionally and personally," he said. He is also responsible for helping to ensure good order and discipline within the ranks

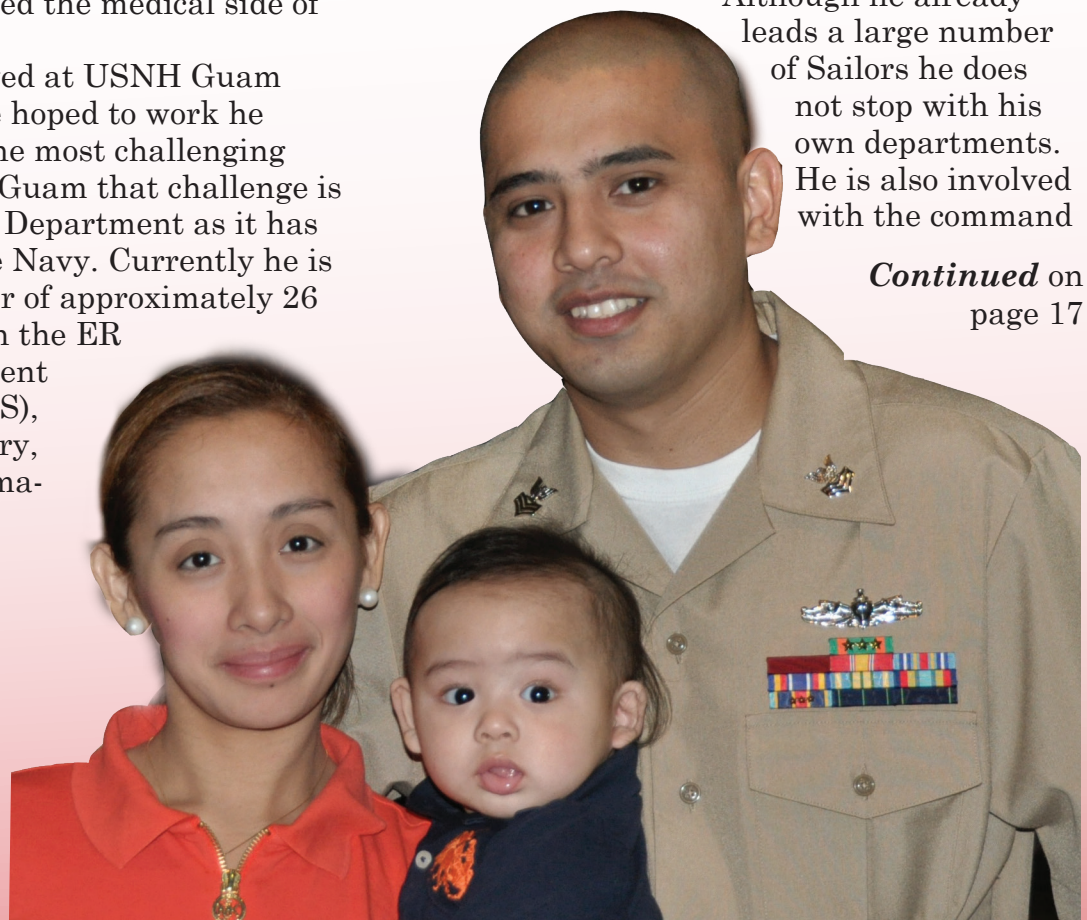
through mentorship and training. "I treat the Sailors as my brothers and sisters, they can call me anytime and I will be there for them."

According to Limtengco's Leading Chief Petty Officer, Aviation Machinist Mate Roxanne Guevara, Limtengco is known for his ability to lead and inspire his peers and junior Sailors. "His leadership ability has greatly attributed to his Sailors being recognized through awards and educational achievements," she said and added, "he not only continues to surpass his own goals, he challenges his Sailors to do the same."

The one goal that has not changed for Limtengco is his desire to make a difference. "I love helping people. When I see my Sailors achieving, I feel their accomplishment is my own. I always tell my Sailors, there are always going to be opportunities and you have to grab those opportunities whenever you can," he said.

Although he already leads a large number of Sailors he does not stop with his own departments. He is also involved with the command

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HM1 Limtengco Sailor of the Year

Global Health En

NAVY MEDICINE LOC






California

-  NMC San Diego
-  NEMTI Camp Pendleton
-  NH Twentynine Palms
-  NH Camp Pendleton
-  NH Lemoore
-  NHRC San Diego
-  USNS Mercy
-  SWMI San Diego

Connecticut

-  NSMRL Groton
-  NUMI Groton

Florida

-  NAMI Pensacola
-  NH Jacksonville
-  NH Pensacola
-  NMETC Detachment Jacksonville
-  NOMI Pensacola

Hawaii

-  NAMRU-2 Pearl Harbor
-  NHC Hawaii

Illinois

-  Captain James A. Lovell Federal Health Care Center

Maryland

-  Walter Reed NMMC, Bethesda
-  NHC Annapolis
-  NHC Patuxent River
-  NMLC Fort Detrick
-  NMRC Silver Spring

NH Oak Harbor

NH Bremerton

NH Lemoore

NH Twentynine Palms

NEMTI Camp Pendleton

NH Camp Pendleton

SWMI San Diego

NHRC San Diego

USNS Mercy

NMC San Diego

NAMRU 2 Pearl Harbor

NHC Hawaii

NAMRU - San Antonio

NMSTC San Antonio
NMETC San Antonio

NHC Corpus Christi

North Carolina

-  NH Camp Lejeune
-  NHC Cherry Point

Ohio

-  NAMRU Dayton

Rhode Island

-  NHC New England

South Carolina

-  NH Beaufort
-  NHC Charleston

Texas

-  NAMRU - San Antonio

-  NHC Corpus Christi
-  NMSTC San Antonio
-  NMETC San Antonio

Virginia

-  BUMED Headquarters
-  NMCPHC Portsmouth
-  NMC Portsmouth
-  USNS Comfort

Washington

-  NH Bremerton
-  NH Oak Harbor



MILITARY SEALIFT
COMMAND
HOSPITAL SHIPS

Deployment Locations



OVERSEAS LOCATIONS

CUBA



EGYPT



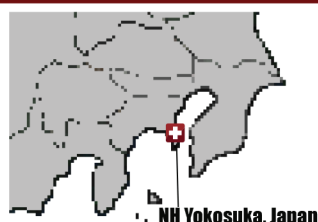
GUAM



PERU



JAPAN



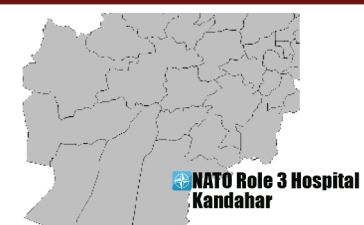
ITALY



SPAIN



AFGHANISTAN



SYMBOLS



REGIONAL
MEDICAL
CENTERS



NAVAL
HOSPITALS/
HEALTH CLINICS



NAVY MEDICINE
RESEARCH
UNITS



NATO ROLE 3
HOSPITAL



NAVY MEDICINE
SUPPORT UNITS

ABBREVIATIONS

BUMED - U.S. Navy Bureau of Medicine and Surgery
NAMI - Naval Aerospace Medical Institute
NAMRU - Naval Medical Research Unit
NEMTI - Naval Expeditionary Medical Training Institute
NH - Naval Hospital
NHRC - Naval Health Research Center
NMC - Naval Medical Center
NMCPHC - Navy and Marine Corps Public Health Center
NMTC - Navy Medicine Education and Training Campus

NMLC - Naval Medical Logistics Command
NMMC - National Military Medical Center
NMPDC - Navy Medicine Manpower, Personnel, Training and Education Command
NMRC - Naval Medical Research Center
NMTC - Navy Medicine Training Center
NOMI - Naval Operational Medicine Institute
NSMRL - Naval Submarine Medical Research Laboratory
NUMI - Naval Undersea Medical Institute
SWMI - Surface Warfare Medicine Institute
USNS - United States Navy Ship



**American
Red Cross**

Volunteer profile

Name: Kris Devin

Hometown: St. Paul, Minn.

Status: ICU Nurse

What is your professional background?

I am registered nurse and certified diabetes educator.

What brings you to Guam?

I am an active duty spouse, my husband and I arrived in June of this year.

Where else have you been stationed?

We have previously been stationed in Duluth, Minnesota, Virginia Beach, Virginia, Cordova, Alaska and Bahrain.

What made you choose to become a Red Cross Volunteer?

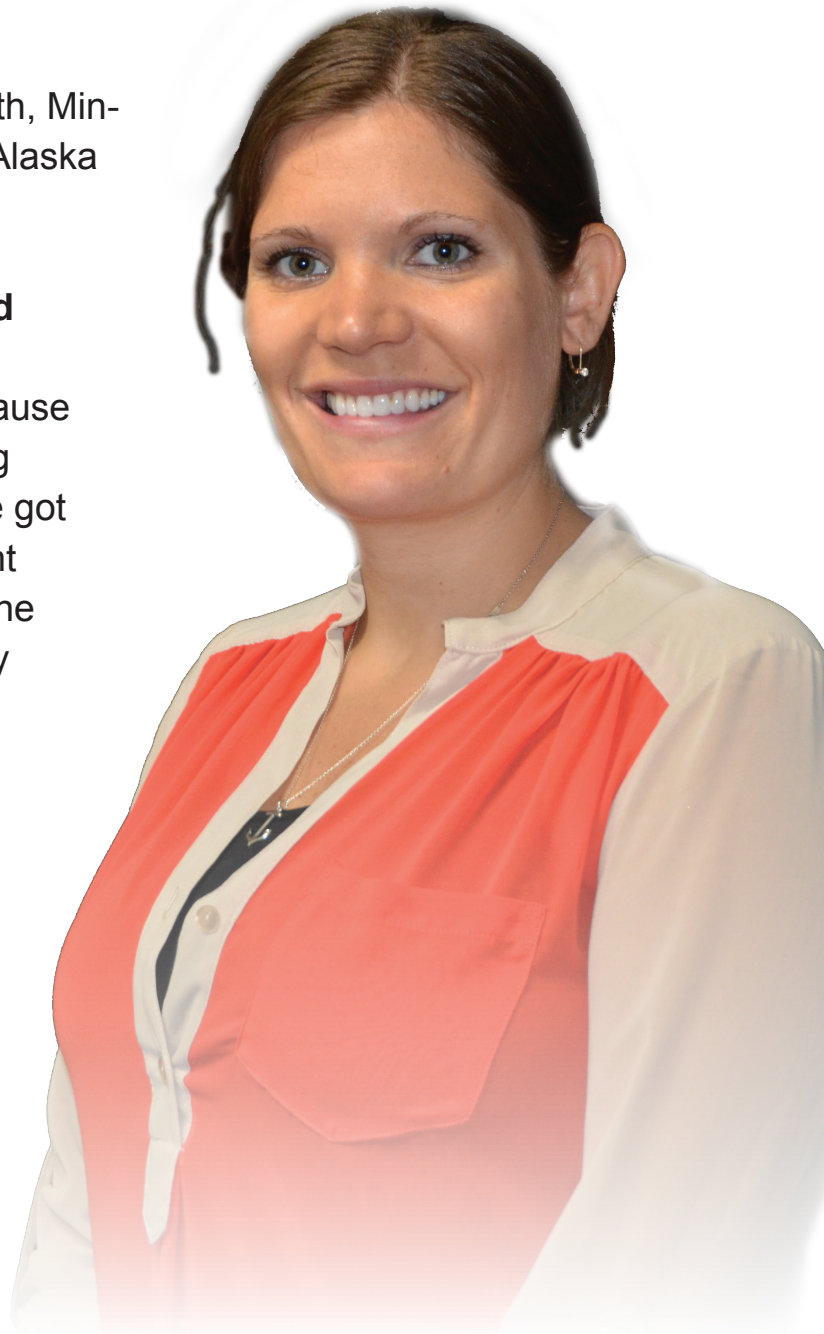
I choose to be a Red Cross Volunteer because I wanted to get more involved in the nursing system at the Naval Hospital. So far I have got to volunteer on both inpatient and outpatient settings at Naval Hospital Guam. I enjoy the staff at the Red Cross, they are always very friendly and helpful.

If you could be any dessert, what would you be?

If I could be any dessert I would be a molten chocolate cake because it is hot, gooey and absolutely delicious!

Contact Jody Sergienko, volunteer coordinator, for more information and volunteer options.

Ages 16 and older are eligible to apply: 671-344-9040 or jody.sergienko@med.navy.mil



12 Days of Holiday Safety

Having a busy time getting ready for the holidays? While everyone is shopping, baking, gift wrapping, decorating and going to parties, the American Red Cross, U.S. Naval Hospital Guam has holiday tips to help make the season a safe one.



1 Prepare vehicle for traveling to grandmother's house. Build an emergency kit and include items such as blankets or sleeping bags, jumper cables, fire extinguisher, compass and road maps, shovel, tire repair kit and pump, extra clothing, flares, and a tow rope.



2 Drive the sleigh and reindeer safely. Avoid driving in a storm. If travel is a must, let someone know the destination, the route being taken to get there, and how long it should take to arrive. If the car gets stuck along the way, help can be sent along the predetermined route.



3 Help prevent the spread of the flu. Stay home if sick. Wash hands with soap and water as often as possible, or use an alcohol-based hand rub. Cover the nose and mouth with a tissue or sleeve when coughing or sneezing, and throw the tissue away after use. If a tissue isn't available, someone should cough or sneeze into their elbow, not their hands.



4 Follow Santa's fashion lead – dress in layers. When it's cold outside, layered lightweight clothing will keep a person warmer than a single heavy coat. Gloves and a hat will prevent loss of body heat. *(In Guam, don't forget the sunscreen).*



5 Use a Red Cross-trained babysitter when attending holiday festivities. Red Cross-certified babysitters learn to administer basic first aid; properly hold and feed a child; take emergency action when needed and monitor safe play. Some may be certified in Infant and Child CPR.



6 Avoid danger while roasting chestnuts on an open fire. Stay in the kitchen when frying, grilling or broiling food. If leaving the kitchen even for a short period of time, turn off the stove.

This is important because unattended cooking causes nearly 90 percent of all kitchen fires.



7 Be a lifesaver during the holidays. The Red Cross recommends at least one person in every household should take first aid and CPR/AED training. Visit www.redcross.org/training for details and to register.



8 Designate a driver or skip the holiday cheer. Buckle up, slow down, don't drive impaired. If someone plans on drinking, designate a driver who won't drink.



9 When the weather outside is frightful, heat the home safely. Never use a stove or oven to heat the home. Never leave portable heaters or fireplaces unattended. Install smoke alarms.



10 Cut down on heating bills without being a Grinch. Get the furnace cleaned and change the filters. Make sure furniture isn't blocking the heat vents. Close off any rooms not in use and turn off the heat in those rooms. Turn down the thermostat and put on a sweater.



11 Home for the holidays? Travel safely. Check the tire air pressure and make sure the windshield fluid is full. Be well rested and alert. Give full attention to the road – avoid distractions such as cell phones. If someone has car trouble, pull off the road as far as possible.



12 Resolve to Be Red Cross Ready in the New Year. Get ready now in case someone in the household faces an emergency in 2012.

About the American Red Cross:

The Red Cross is a charitable organization — not a government agency — and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit www.redcross.org or join our blog at <http://blog.redcross.org>.



All in a days work, Hospitalman Amber Mantonona validates and tags luggage for patients being transported via MEDEVAC (top left). Mantonona and Hospitalman Paige McCarty, load luggage onto the transport van and drive patients to their next stop, the flight kitchen, located on Andersen Airforce Base, and pick up boxed meals provided to patients being transported (top middle). The drive from Naval Base Guam to the AFB can take from 30 to 45 minutes, once the meals are picked up the Corpsmen must wait to be escorted onto the flight line (top right). After arriving on the flight line, the Corpsman and an AF airman check the luggage tag numbers with a bag checklist to verify there is no missing patient baggage or extra baggage (bottom left and right).

MEDEVAC

The motto of Navy Medicine is “world class care, anytime, anywhere.”

Although the Navy Medicine presence is seen around the world, not all medical facilities are able to offer the same level of care due to limited resources including specialties for specific needs, such as eye surgery or heart surgery. U.S. Naval Hospital Guam is one of those facilities; although it is full of highly skilled doctors, nurses and Corpsmen, it is not fully resourced to care for all needs. Because of this, there are times, a medical evacuation, known as MEDEVAC, is required.

MEDEVAC is typically a transfer of a patient from one medical facility to another, typically from a facility with a lower level of care to one of a higher level of care. USNH Guam frequently transfers patients to medical treatment facilities as close or as far away as Okinawa, Yokosuka Ja-

pan, Hawaii, Texas, Bethesda, and at times, San Diego. Because of this, the hospital has a robust MEDEVAC team, which consists of four full-time staff and a watchbill that consists of Corpsmen

continued on next page



On the flightline Mantanona performs a patient turnover with an AF flight surgeon (**left**). Both Mantanona and McCarty help the airmen finish loading luggage on the plane (**bottom right**) and then escort patients onto the plane. The Corpsmen will stay near the flight line in the instance the plane is not able to take off. This can take from 30 minutes to several hours depending on the mechanical issues of the plane.



from throughout the hospital.

According to MEDEVAC Leading Petty Officer, Hospital Corpsman Third Class Mark Magpusao, "the closest capable hospital can range dependent upon the patients need. Anything we can not treat here, the physician or primary care providers will put in a MEDEVAC request form so the patient can get seen off island."

Magpusao also explained that when a patient needs a MEDEVAC it is often a serious matter, but there are different levels of MEDEVAC. The top two are urgent and priority. When a patient is priority this means there is a possibility of loss of life, limb or eyesight. The MEDEVAC team has approximately 24 hours to get that patient off island, priority patients have to be off the island within 72 hours.

"Urgent and priority level MEDEVACs may have a Critical Care Air Transport Team (CCATT) fly with them via military air," said Magpusao. The CCATT team, of around five people, includes a flight surgeon, trained in flight medicine, and a flight nurse, as well as a respiratory technician. At times, said Magpusao, a cardiovascular technician or a regular medic may also be included.

There are also routine MEDEVACS that can take up to two weeks to get a patient off island. No matter the MEDEVAC level, the process is never as simple as putting a patient on a helicopter and sending them to their destination. In fact, it is a thorough, step by step process of a collabo-

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SHE'S IN NO SHAPE TO
GUIDE HER SLEIGH
TONIGHT.



ration of many different things.

The team works out administrative issues, through various agencies, for such things as funding for travel and logistics such as reserving accommodations for patients and the family members accompanying them. They also coordinate with accepting medical facilities throughout the Pacific theater as well as establishing a flight for the patients either through Andersen Air Force (AF) base or commercial airlines.

Because of their administrative and medical knowledge, the MEDEVAC team works directly with the patients keeping them updated throughout the process. At times, they may serve as the patients advocate, working closely with the hospitals Case Managers, ensuring the patient receives everything they need in order to be able to travel off island. They will also provide the patient information either on their commercial flight or they will drive them to the AF base for military flights.

Although there is a process to follow according to the MEDEVAC staff, no MEDEVAC is the same. Said Hospitalman Hailey Garrett of MED-VAC, "The way I look at it is, it is just like clinical care, you can have two patients that have the same diagnosis, but the reasons are different or the symptoms are different. It is the same with MEDEVAC; each patient is going to have different concerns or circumstances. There could be two patients on a routine MEDEVAC and either one could come out in 20 different ways."

Magpusao agreed and added, "Time spent on each patient can vary because of the differences in the patients. In one particular case, we had 6 hours to do all of those things, including a validating process for the patient's travel and funding for tickets and lodging."

Currently, USNH Guam hosts the only military MEDEVAC office on the island. Their patient population includes retirees, active duty Army, Navy, Marine Corps, Department of Defense Civilians, and beneficiaries. They also provide MEDEVAC support for Andersen AF Base active duty inpatients, while the AF Base clinic provides assistance to their outpatient active duty members.

Along with servicing all of the branches, much

of the teams collaboration is done within a joint environment. Said Magpusao, "We work with the Theater Patient Movement Requirements Center (TPMRC) Air Force Command, a joint command, which validates the patients for a flight." TPM-RC is Staffed by trained medical personnel from the Air Force, Army and Navy, and provides joint theater wide medical regulating services to include clinical validation of patient movement requirements in U.S. Pacific Command. "We work together and solve problems to get these patients moved-- we work together very well because it is all for the benefit of the patient," he said.

Garrett believes the most important role aside from getting the patient where they need to go, is helping the patient. She has been through the experience herself when at one time, her husband, needed an urgent MEDEVAC that later was canceled. "I know this is overwhelming and scary. Not only are you worrying about what to do when you get somewhere you have never been before, and on top of that you are going because you have a health issue," she said.

Although many may not realize it, the MEDEVAC can often work long hours, with a duty Corpsman on call. Their job requires them to be flexible with in-house staff as well as with the AF which provide flight times. The demands of the job vary from daily problem solving, to multiple coordination efforts to seeing patients on their way. However, both Garrett and Magpusao agree that even though it is a lot of work it is also a rewarding experience and often leaves them with a sense of great accomplishment.

"It is the best feeling in the world when I am out somewhere and have patients come up to me who remember my name and will tell me about their experience. To them we are the people that got them where they needed to go," she said. She also added, "I love helping people. I thought going into an administrative, job I would not get that experience but that is what is so amazing about MEDEVAC. You still get that clinical experience. You get to look at the patient, talk to the patient, learn their history and treatment and you get to talk to them after they get better."

Anonymous Screening and Help Available During the Holidays

By: Luis Martinez, Health Promotion Section,
U.S. Naval Hospital Guam



Military life and the holidays, including the stress of deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not, especially during the season of family gatherings and being together. Many times we can successfully deal with them on our own. In some instances matters get worse, and one problem can trigger other more serious issues. At such times, it is wise to check things out and see what is really happening.

That is the purpose of an anonymous and voluntary on-line self-assessment which can be accessed by using the website mentalhealthscreening.org. The questions in this anonymous assessment are designed to review your situation with regard to some of the more common mental health issues including posttraumatic stress disorder (PTSD), depression, anxiety, alcohol problems and more. The screening will not provide a diagnosis -- for that you need to see a professional. But it will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. This website also provides an extensive assortment of articles on a wide range of mental health issues.

To access this screening and the articles, go to the website mentalhealthscreening.org, then click on the "Get involved" arrow in the middle of the next screen, then click on "Take a Screening" which appears under Military Pathways on the next screen.

The mental health department of U.S. Naval Hospital Guam welcomes self referrals from all TRICARE beneficiaries who wish to seek assistance for any issues which may be identified through the use of mentalhealthscreening.org. Simply call 344-9401 for assistance; *it is not necessary to obtain a referral to get help*. All calls will be treated confidentially, as we realize the reluctance which might be felt in seeking help for mental health concerns. We're here to help with all health issues. We offer these resources because your emotional and mental health is just as important as physical health. That help is just a few clicks or a phone call away.

Limtengco continued
from page 7

training team where he teaches Navy Pride and Professionalism, military etiquette and Equal Opportunity. He also is a facilitator for the commands Enlisted Advancement Program (EAP) which is provided to help junior Sailors meet their advancement goals.

Limtengco says he owes a lot to the Navy which has helped to mold him and make him into a leader. "My division officer and my Chiefs have invested a lot in me, and in turn I work to invest into my Sailors. When they reach their goals I know I am doing the right thing," he said. "At this year's Chief's pinning, the guest speaker, a retired Master Chief said, 'Mission first, Sailors always' and I truly believe that."



Please welcome the hospital's newest OMBUDSMAN, Lyndi Corcoran. She has been a military spouse for 10 years and decided to become an OMBUDSMAN because she said, "I enjoy helping others. I know what it is like to have people help when you need it and it makes a difference."

USDA
United States Department of Agriculture

MyPlate Holiday makeover

visit choosemyplate.gov for healthier options during the holidays

<p>tweak the sweets</p> <p>fruits make delicious desserts</p>	<p>cheers to good health</p> <p>drink water to manage calories</p>
<p>bake healthier</p> <p>use recipes with pureed fruits instead of butter or oil</p>	<p>spice it up</p> <p>use spices and herbs instead of sugar and salt</p>
<p>brighten your meal</p> <p>fill half your plate with fruits and vegetables</p>	<p>skim the fat</p> <p>try skim evaporated milk instead of heavy cream</p>
<p>swap the grains</p> <p>choose whole wheat flour instead of white flour</p>	<p>go easy on the gravy</p> <p>a little bit of gravy goes a long way</p>

USDA is an equal opportunity provider and employer.



Preventive Medicine

Understanding Force Health Protection

*An editorial by Lt. j.g. Richelle Magalhaes,
U.S. Naval Hospital Guam,
Preventive Medicine Dept.*

The Preventive Medicine (Prev Med) Department is best known for encouraging people all over the Naval Hospital and Navy Base to get their flu shots. We begin at the end of summer and continue through the fall/winter season. Any active duty member or civilian that works in the hospital can attest to being found by the Prev Med team at this time of the year. It's like clockwork.

But did you know immunizations is just a small part of what Prev Med is all about? Not many people, including hospital employees, know exactly what it is that we do in that back hallway nestled in between Internal Medicine and Occupational Health. Case in point, I was at a training last week with other hospital workers and the speaker, a well known nurse at USNH Guam, looked at me and called me the 'Bug Girl.' As flattered as I was to have that moniker revealed to me in a public setting, I realized that our role in the healthcare world needs to be clarified.

When people ask what we do, I tell them that we are the public health department of the Navy. Public Health is the science of protecting and improving the health of entire populations through education, promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases. We attempt to prevent or

mitigate health issues from occurring or recurring among the masses. It is very difficult to really visualize what we do as compared to the providers who treat individuals. We protect people as a whole. We are not usually understood until something serious happens.

Historically, public health had its beginnings when in London, it was discovered that a water pump was contaminated causing an outbreak of cholera which occurred in the residents that lived in the adjacent vicinity of the pump. Additionally, public health improved when the improper disposal of waste was linked to illnesses. The modern era of public health did not begin until the production of vaccines. Dramatic declines in morbidity and mortality rates have been reported for vaccine-preventable diseases for which vaccination was universally recommended.

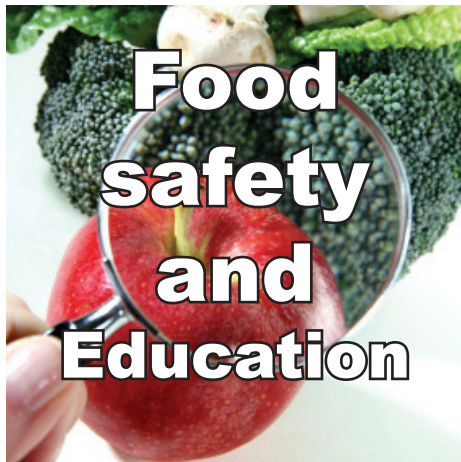
Today, Public Health has not changed much in theory; however, the processes have improved dramatically as more research is conducted and with improvements in technology. In order to carry out our mission, we work behind the scenes to keep our fingers on the pulse of what is happening globally, and locally. We are constantly monitoring disease trends all over the world. Computers have proven to be

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one of the most useful tools in disease surveillance and communication between public health entities worldwide.

Organizations like the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), US Department of Agriculture (USDA), the World Health Organization (WHO) and the Army and Navy/Marine Corps Public Health Centers (USAPHC and NMPHC), to name a few, provide real-time updates of outbreaks which we need to be aware. We get notifications via email, twitter, Facebook and any other media that can distribute information to the masses. Once an outbreak occurs in some part of the world, we are already preparing our resources and strategizing a plan to address the illness should it reach the island.

At USNH Guam, our list of duties encompasses a broad range of activities. We find ourselves on submarines, at the beach and in countless kitchens to ensure we are protecting our Service Members and their loved ones from any and all threats at the places we work and eat, to the places where we relax and spend time with our family and friends.



We are the ones that inspect the food facilities on all of the Navy Bases located on Guam. We also inspect child-care facilities, schools, youth centers, the movie theatre, Single Sailor

Sanctuary, laundromats, gyms, etc. We conduct Food Safety classes for any base employee that will be working in a facility that involves food handling. This includes employees that work at the food court in the Navy Exchange, McDonald's, Molly McGee's, school galleys; any place that people consume food. We can even conduct classes and issue permits for people holding

bake sales, fund raisers and any other event where food exchanges hands for money. These are all ways that we can ensure that we are keeping the public safe through education and collaboration within our community.

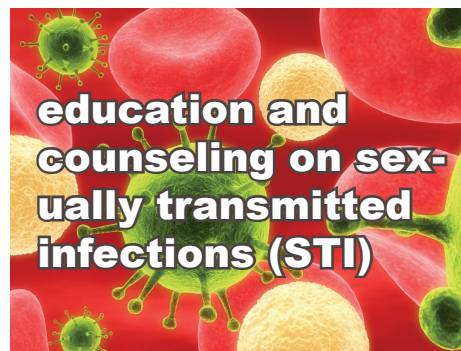


Another big task Prev Med Department undertakes is the monitoring of illnesses and conducting investigations in the case there is an outbreak

of any type of communicable diseases. We remain in constant contact with the providers in the hospital and the Guam Department of Public Health and Social Services (DPHSS) to keep track of any illnesses that may be at higher levels within the population than normal.

This year, there was an outbreak of Hand, Foot and Mouth disease on and off base that resulted in the Prev Med Department conducting investigations, distributing educational materials and working closely with the Child Development Centers to attempt to reduce the number of children who contracted the virus. We also kept in contact with Andersen Air Force Base (AFB) and DPHSS which allowed them to proactively distribute educational material to alert the parents and child care facilities of signs and symptoms. As you can see, Public Health is a team effort, without which, we would not be able to effectively do our jobs.

Additional epidemiology activities that we



conduct include, providing education on sexually transmitted infections (STI), counseling patients who have contracted an STI and supplying male

and female condoms (free of charge) for those

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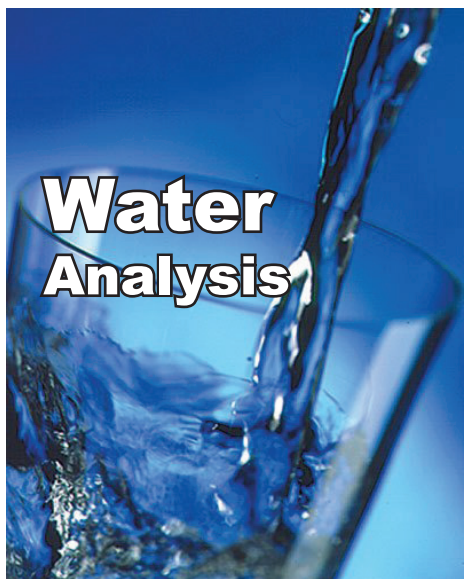
who want to protect themselves from STIs.

I suppose the reason why I earned the nick-



name "Bug Lady" is because of the mosquito surveillance and vector control programs that we employ around the

bases on Guam. We have mosquito traps which catch the different mosquito species on island that carry diseases such as West Nile Virus, Chikungunya, Dengue Fever, and other vector-borne diseases that plague Guam and the surrounding islands. We collect the mosquitoes and send them to be analyzed so that we can anticipate and protect against any diseases these mosquitoes may be carrying. We collaborate with Andersen AFB and DPHSS in sharing findings and shipping out mosquito samples. Not only does this allow us to share the costs, but it also keeps us all abreast to what is happening with mosquitoes and diseases on the island.



The Prev Med department has miscellaneous programs which are also aimed at preventing illness within our community. We sample and analyze water from the beaches around the bases to ensure that the activities that our service

members and their families enjoy are safe. We also sample ice water from all of the facilities on the Guam Naval Bases. From the Mother Baby Unit ward in the hospital to the Water Treatment plant down on Big Navy, we make sure that the ice is safe for people to consume by using tests to analyze for harmful bacteria.

We inspect ships that come in to port and are due for their Ship Sanitation Certificate renewal. We run the immunization clinic, which is a great way to protect the public from each other, essentially.

Guam is a prime location for diseases. The



large numbers of people that travel to and from Guam from all over the world are a great way to spread illnesses

quickly. The rapid movement of people and food globally has increasingly created public health concerns which need to be monitored constantly.

The Preventive Medicine Department is comprised of ten Preventive Medicine Technicians (PMTs), three Corpsmen and two Environmental Health Officers (EHOs). Prev Med Techs attend a six-month C School where they learn all there is to know about Public Health, including: microbiology, statistics, epidemiology, entomology, environmental health, pesticide application, vaccines and a number of subjects that provide them with the tools to be successful at wherever they land in the Navy community worldwide. The EHOs must possess a Master's Degree in Public Health to earn a commission in the US Navy as an Officer. Together, the PMTs and EHOs make up the Public Health team.

As public health professionals in the Navy, we have a duty to protect those who protect us. We have to make sure that they are mission-ready and that their families are healthy so that they can carry out their tasks without worry of their loved ones at home. The Prev Med Department is always available to assist, please contact us with any questions, comments or concerns. We are always willing to help.

USNH Guam Preventive Medicine Department
(671) 344-9787 or 339-1107

DRINK RESPONSIBLY.

**KEEP WHAT
YOU'VE EARNED**

KEEP WHAT YOU'VE EARNED

THINK BEFORE YOU DRINK

You've worked hard for your career as a Sailor. Only one-fourth of 17- to 24-year-olds in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional challenges of being a Sailor.¹ From boot camp to advancement exams, job training and deployments, you have met these challenges with hard work, sacrifice and dedication.

Making responsible drinking choices is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize everything you've earned. Sailors involved in alcohol incidents face serious consequences, including:

- Loss of rate or pay
- Separation from the Navy
- Civilian consequences, such as fines and jail time

Irresponsible drinking not only threatens your health and career, it threatens the Navy's ability to be mission-ready.



YOU'VE EARNED IT.

DON'T WASTE IT.

SIGNS THAT YOU MAY BE DRINKING TOO MUCH:

- Not having control over the amount of alcohol you consume
- Alcohol negatively affecting your work and/or relationships with others
- Poor judgment and risk-taking
- Confused thinking
- Difficulty remembering details or events
- Slow reaction time and reflexes
- Distorted vision and blackouts
- Angry and/or depressed mood

DRINK RESPONSIBLY, EVERY TIME:

- Plan ahead for a safe ride home.
- Don't try to "keep up" with others.
- Know your limit, before you get there.



For more information, speak with your command Drug and Alcohol Program Advisor (DAPA), visit www.nadap.navy.mil, or call 1-800-U-ASK-NPC.

**IT WASN'T EASY GETTING HERE.
DRINK RESPONSIBLY.**

Navy Alcohol and Drug Abuse Prevention